



# THE Senior Connection

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News from the Howard County Office on Aging

Department of Citizen Services

Howard County, Maryland

## A Message from the Administrator



**By Dayna Brown,  
Office on Aging  
Administrator**

Winston Churchill once said, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." For some time now, I have wanted to

plan community listening sessions so that I can learn what Howard County residents want and expect from the Office on Aging. I must be feeling very brave this summer, because my plan is about to become a reality.

With support from the Howard County Commission on Aging, I am planning a series of community meetings where I hope to sit down with as many of you as possible, to listen to your comments and entertain your suggestions. And, while I am always happy to hear about what the Office on Aging is doing well, I encourage you to share your concerns as well. How do you feel about growing older in Howard County — now, and over the next five, 10, or 20 years? I want to know!

Community listening sessions will be held in August, September and October, at Howard County senior centers and other convenient locations. If you have a group or venue that you would like me to include on the schedule, please call (410) 313-6410 and let me know about it. Meeting times and locations will be posted at senior centers, on our website ([www.howardcountyyaging.org/listen](http://www.howardcountyyaging.org/listen)) and on Facebook ([www.Facebook.com/HoCoCitizen](http://www.Facebook.com/HoCoCitizen)). Please try to attend one.

Of course, I will continue to enjoy meeting residents informally as well at Office on Aging events throughout the community. Join me on Tuesday, August 7 for Senior Day at the Fair from 10 a.m. to 3 p.m. in the Activities Building at the Howard County Fairgrounds in West Friendship. Admission to the fair is free all day for everyone age 62 and older, so don't miss out on the fun!

I will leave you with one more thought, this one from an old Turkish proverb, which says, "If speaking is silver, then listening is gold." I urge you to share your wealth of insight and experience with me; I know we will both be the richer for it.

## Juicing Your Way to Health

*By Rona Martiyan, MS, RD, LDN, Office on Aging Nutritionist*

Juicing — using juices, fruits, vegetables, herbs and extracts to help with body cleansing, weight loss, or simply as a means to increase your intake of fruits and vegetables — is growing in popularity.

Consuming more fruits and vegetables may offer health benefits by adding vitamins and minerals to your diet, but if you are using juicing as a cleanse or to lose weight, there are some health risks you should consider. These include:

- Limited clinical evidence on the effects on our bodies
- Potential harm from food-medication interactions

- Increased incidence of gas, bloating and diarrhea
- Consuming fruits and vegetables while limiting protein and fat may lead to nutrient deficiencies of Vitamin B, D and E
- Decreasing protein intake may affect your ability to maintain muscle mass
- Food safety concerns — fresh juice can develop harmful bacteria, so make only what you plan to drink immediately.

Always let your healthcare provider know when you are making significant changes to your diet. While eating more fruits and vegetables is a good thing, if you plan to juice, make it a part of a well-rounded diet.

### Beginners' Green Juice

- 1 cup kale
- 1/2 cup spinach
- 1/2 cucumber
- 1 stalk celery
- 1/4 cup green apple, core and stem removed, skin on
- 1/4 lemon, peeled
- Blend and drink



*(FoodandNutritionMag.org : Summer 2012 Issue)*

### Fruit Smoothie

- 4 oz. plain low fat or fat free yogurt
- 1/2 cup berries
- 1 banana, ripe
- Ice
- Blend and drink



SAVE THE DATE and DON'T MISS THE FUN!

**50EXPO**  
PLUS  
Howard County Office On Aging

**FRIDAY, OCTOBER 19, 2012**  
9:00 am - 4:00 pm • Wilde Lake HS

WHERE THE MANY FACES OF 50+ MEET!



Department of  
**CITIZEN SERVICES**  
OFFICE ON AGING

For event info, call 410-313-6410 or  
[www.howardcountyyaging.org/50plusexpo](http://www.howardcountyyaging.org/50plusexpo)

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We welcome your comments and suggestions.

To contact us, or to join our email subscriber list, email [seniorconnection@howardcountymd.gov](mailto:seniorconnection@howardcountymd.gov) with 'subscribe' in the subject box.

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**Dayna Brown, Administrator**

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# Coming Events

## Wednesday, July 25, 10 a.m. – Terra Cotta Warriors, Glenwood 50+ Center

Join historian and archeologist Lee Preston for a presentation on Terra Cotta Warriors. Lee traveled to China and has brought back an amazing presentation on these ancient clay soldiers. Free; call 410-313-5440 to register.

## Wednesday, August 1, 11 a.m. – What You Can Expect From Medicare, Kiwanis-Wallas Recreation Center, 3300 Norbert's Way, Ellicott City 21042

Learn how Medicare works, what the benefits are, how it relates to supplemental health insurance, and what Medicare Prescription Drug Coverage is all about. Sponsored by the Senior Health Insurance Assistance Program (SHIP); call 410-313-7391 to register. No fee.

## Fridays, August 3, 10, 17, 24 & 31, 10 a.m. to 3 p.m. –

### Massage Therapy with Ellen Consoli, North Laurel 50+ Center

Massage therapy can help relieve the stress in your life. Choose full body (\$50/50 minutes, \$30/20 minutes) or chair (\$22/20 minutes, \$11/10 minutes). Call 410-313-0380 to schedule an appointment.

## Thursdays, August 9 – 23, 9 a.m. – Bone Builders, East Columbia 50+ Center

Take our introductory class to increase your bone density and muscle strength while improving posture and balance. Free; call 410-313-7680 for details.

## Thursday, August 9, 11 a.m. to 3 p.m. – Relaxing Table Massage, Elkridge Senior Center

Enjoy 45 minutes of pampering pleasure! Cost: \$40/session. Call 410-313-5192 for appointments.

## Thursday, August 9, 11:15 a.m. – Howard County Ballet, Ellicott City Senior Center

The Howard County Ballet will perform live under the direction of Desiree Koontz-Nachtrieb with choreography by Kathi Ferguson. Call 410-313-1400 for details.

## Tuesday, August 14, 10 a.m. – Chinese Medicine & Acupuncture, Glenwood 50+ Center

Explore the basic principles of Chinese medicine including Qi, Yin/Yang, 5 Element Theory and acupuncture. Free 15 minute consultations available after discussion. Call 410-313-5440 to register.

## Tuesday, August 14, 10:30 to 11:30 a.m. – "Summertime Dreams" with Ballet Mobile, The Bain Center

Enjoy an inspiring and creative program by Ballet Mobile, and experience how movement and music can improve your health and spirits. Free; call 410-313-7213 for details.

## Tuesday, August 14, 11 a.m. – The American Songbook, Ellicott City Senior Center

Julie Hall and Daughters will perform songs from "The American Songbook," singing classics from the '20s thru '60s, as well as songs from *The Sound of Music*. Call 410-313-1400 for details.

## Wednesday, August 15, 11 a.m. – Why Medicare Isn't Enough, Kiwanis-Wallas Recreation Center, 3300 Norbert's Way, Ellicott City 21042

Learn about the gaps in Medicare coverage, ways to cover them, and whether you have the insurance package that best suits your needs. Discussion includes Medicare Supplement Policies (Medigap) and Medicare Advantage Plans (Part C). Sponsored by SHIP; call 410-313-7391 to register. No fee.

## Wednesday, August 15, 11 a.m. to noon – Dogs Days of Summer, North Laurel 50+ Center

Ellis Woodward will entertain us with his energetic song stylings, followed by lunch at noon. Program cost: \$3 lunch donation suggested for those 60 and older; \$6.16 for those under 60. Call 410-313-0380 by August 8 to register.

## Wednesday, August 15, 12:30 p.m. – Iced Tea Luncheon, East Columbia 50+ Center

Enjoy a cool summer tea menu with entertainment provided by the Howard County Ballet. Cost: \$6. Call 410-313-7680 for reservations.

## Thursday, August 16, 11 a.m. to 12:30 p.m. – Jewelry & Beading Class, Longwood Senior Center

Join instructor Cindy Patarini for a summer-themed jewelry & beading session. Class includes instruction and materials for a nominal fee. Call 410-313-7217 to register.

## Tuesday, August 21, 7 to 8 p.m. – Shades of Grey Book Discussion, East Columbia 50+ Center

If you have read the book, join the discussion! Free; call 410-313-7680 for details.

## Wednesday, August 22, 9:30 a.m. to noon – Pancake Breakfast, Elkridge Senior Center

Enjoy delicious homemade pancakes and many other breakfast favorites! Cost: \$4/person. Call 410-313-5192 to register.

## Wednesday, August 22, 10 a.m. to noon – Bitter Memories: The Fall of Saigon, Glenwood 50+ Center

Join Tom Glenn for an in-depth presentation on this sensitive topic. Call 410-313-5440 for details.

## Wednesday, August 22, noon to 1 p.m. – Chef Special Omelet Brunch, The Bain Center

Join us for a summer brunch with omelets cooked to order! Register early to reserve your spot; deadline is August 15. Lunch donations accepted; call 410-313-7213 for details.

## Wednesday, August 29, 1 to 2 p.m. – Senior Safety Forum, Longwood Senior Center

PFC Holly Burnham, HCPD, and Lila Boor, Office of Consumer Affairs, will discuss crime prevention, community safety, fraud and theft. Call 410-313-7217 for more information.

Riding High with your Feet on the Ground!

# SENIOR DAY AT THE FAIR

## Howard County Fair 2012

**FREE ADMISSION for ADULTS 62+**  
**Tuesday, August 7 • 10 am - 3 pm**

## VISIT THE ACTIVITIES BUILDING FOR FUN THINGS TO DO...

Healthy Aging Programs  
Entertainment & Exhibits  
Bingo, Games & Prizes  
Great Information  
Demonstrations



**DON'T MISS  
SENIOR DAY  
AT THE FAIR!**



Department of  
**CITIZEN SERVICES**  
OFFICE ON AGING

[www.howardcountyaging.org](http://www.howardcountyaging.org)

# SENIOR SAFETY AWARENESS DAY

Presented by Ellicott City Senior Center

**Tuesday, August 21, 2012**

10 am - 2 pm • Ellicott City Senior Center  
9401 Frederick Road, Ellicott City, MD



Learn the latest safety initiatives from the  
Howard County Police and Fire Departments  
Consumer Affairs Office, the Mid-Atlantic AAA, and MVA  
Also, tour the HC Police Mobile Command Unit

**4 PRESENTATIONS AT 10 AM, 11 AM AND 1 PM**

**Don't Get Burned (Fire & Safety Tips)**

**Arm Yourself with Knowledge  
(Preventing Home Repair Scams)**

**The Silent Crime (Domestic Violence)**

**Preparing for the Road Ahead (Driving As We Age)**

Hosted by PFC Holly Burnham

HOWARD COUNTY POLICE COMMUNITY OUTREACH SENIOR LIAISON



Department of  
**CITIZEN SERVICES**  
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A gourmet box lunch is available for  
\$5; you must pre-order by calling  
the Center at 410-313-1400.

[www.howardcountyaging.org](http://www.howardcountyaging.org)